

Energy

Fitness
Exercise Heart & Muscles

Recreation
Relax and Recharge

Sleep
Get Quality & Quantity

Mindfulness
Be Focused & Aware

Nutrition
Feed Brain & Body

Vitality
Sustainability

Embeddedness

Partner(s)
Treasure Your Love(s)

Family
Value Your Relatives

Friends
Embrace Your Pals

Community
Connect With Society

Colleagues
Connect To Coworkers

Relational
Sustainability

Sustainable You

©Ron Meyer 2022

Engagement

Payment
Do What Is Rewarded

Appreciation
Do What Is Valued

Motivational
Sustainability

Talent
Play Your Strength

Enjoyment
Do What You Love

Contribution
Do What Helps Others

Competence
Sustainability

Employability

Experience
Build Track Record

Values
Live By Your Principles

Knowledge
Seek Broad Insight

Skills
Strengthen Capabilities

Mindset
Enrich Your Mentality